

OPEN *Arms*

February 1998 * Vol 10 Number 2

P.O. Box 845 Mishawaka, IN 46546

OA Staff will be hosting a planning/brainstorming meeting for our community on Feb. 8, at 3 p.m. If you have any ideas or time to help with any community events, dances, newsletter, etc..... Please Come!!
Call for Directions.....271-0338

If You Can't Say Something Nice..... How to Stop Criticizing and Start Loving

A lot of times in our personal relationships, we don't understand the difference between constructive and destructive criticism. Since criticism is an attack, you will automatically defend against it. Theater people don't love critics as a matter of fact, who does? Yet we continue to dish out criticism, and often get it in return. We struggle to walk that shaky line between our mature appreciation of a mate's point of view and our outrage at being "attacked". But however much criticism hurts or helps, most of us see it as unavoidable. Not only can criticism be avoided; it must be, since it acts much like a toxic gas. We may aim it at a specific weed, but it spreads and weakens the very roots of love.

Basically criticism is a negative judgment you make about something a person did (or did not do), say, think, feel, wear or choose. A complaint is a statement about a situation or event. A criticism is an attack on the person. You can't expect to go cold turkey on criticism, but you can make a start.

Avoid starting a statement with "you." Say "I" when speaking about your own thoughts, feelings and actions. You are least likely to provoke an escalation. "I don't like to be kept waiting" is preferable to "you're half an hour late!"

Pick your shots. Be sure that the issue is important to you before you complain or criticize. Every passing annoyance isn't worth it.

Catch her doing something right. The best way to change someone's behavior is to reinforce the positive. Stick to the incident, don't assassinate her character. Don't say, "you're so irresponsible with money!" say, "I'm angry because you didn't record your withdrawals and a check bounced." Plan to accommodate each others needs, don't insist your way is "right". "I need this room to be neat, and you like to leave things around. I'm willing to pick them up and move them to.....(a closet, a corner)." Then you can sort through them at your leisure.

Rewritten from a article by Judith Sills, Ph.D,
a clinical psychologist in Family Circle, March 1997

FEBRUARY 14
HAPPY BIRTHDAY TO MONA S.
MY FAVORITE VALENTINE
YOU LIGHT UP MY LIFE
LOVE, MARLENE

The Rainbow Reader.....a monthly publication serving the Gay, Lesbian, Bisexual and Transgender Community of Fort Wayne has a new website on FWI (Fort Wayne Internet).

In the months to come they will begin the process of adding archived articles from all past issues to the website and start including a comprehensive list of links to GLBT web sites. Please note the following address changes:

e-mail: rainbow@mail.fwi.com
Web Site: <http://www2.fwi.com/~rainbow>

The Kalamazoo Gay/Lesbian Resource Center has moved its web page and turned it into a website. The new address for the website is...www.net-link.net/~optik/kglrc Help make this site a success by e-mailing or calling with calendar items.
e-mail: kglrc@geocities.com

OPEN ARMS IS PUBLISHED AND RUN BY A VOLUNTEER STAFF. WE ARE LOOKING FOR ADDITIONAL WIMMIN TO HELP WITH THE NEWSLETTER. IF YOU HAVE A FEW HOURS TO DEVOTE JUST ONCE A MONTH, PLEASE CONTACT US BY PHONE OR E-MAIL.

OPEN ARMS DEADLINE/MEETING

The deadline for the March newsletter is Feb. 15th. Submissions received after Feb. 15th may not be published in the March newsletter. Mail submissions to Open Arms, P.O. Box 845, Mishawaka, IN or give to any staff member. For more information call or e-mail any staff member.....

E-mail address mdills@juno.com

E-mail address suze3@juno.com

Kaye & Marcia..... 219-271-0338

Suze..... 219-254-8676 (beeper)

community events

"SINGLED OUT" singles group

We are really having good times. Hope you will join us for the next event... Although these activities are being planned with single womyn in mind, no one is excluded and everyone is welcome.....Any questions??? call Linda at 219-257-9082 or Lynn at 219-259-6801

UPCOMING ACTIVITIES:

Sunday, February 15, at 2:00 P.M. - -

Notre Dame Women's Basketball game at the ACC. cost of admission to the game is \$4.00 We will sit in (or near) the PURPLE section (look for the rainbow colored windsock) Meet us there or meet at Southside Church at 1:00 p.m. to go in a group. After the game, we will probably go for a bite to eat (location to be decided at that time - - any suggestions?) AND REMEMBER, YOU ARE WELCOME TO JOIN US WHETHER YOU ARE SINGLE OR NOT..

Saturday, February 7,.....Mountain Moving Coffee-house...1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois (773)-973-9934

Literary Exchange Annual Black Herstory Month Celebration An evening with the Literary Exchange- - an extravaganza of poetic interpretations, musical delights and flights of fancy.

Saturday, Mar. 21MMCH.... Women of Color Poetry

Saturday, April 18MMCH....Jamie Anderson

Saturday, February 14, 8:00 p.m.- 12:00 a.m.

Lavender Morning Valentine's Dance

\$6.00 subscribers, \$8.00 others

People's Church, 1758 10th Street, Kalamazoo, MI.

Chem-free, refreshments provided, wheelchair accessible

Friday February 13, 8:00 p.m.

Saturday February 14, 8:00 p.m.

At the Madame Walker Theater Center in Indy,..

Sweet Honey In The Rock,The Grammy Award-

winning poets and activists are dedicated to preserving and celebrating African-American culture and singing traditions.

Order your tickets by phone at any TicketMaster outlet. Call 317-239-5151 or by mail MWTC, 617 Indiana Ave., Indy

Saturday, March 7, at 6:30 p.m.....MWTC

In celebration of Women's History Month, women poets perform and talk about the spoken work,featuring Indy poet, Karen Pope for more info on this event call 317-236-2099

Saturday, March 21Lavender Rhythm presents "Lose those winter doldrums" Dance 9 p.m. - 1 a.m. (IN. & MI.) time, Pickwick Club, Niles, MI.

The 4th Annual Erotic Arts Masquerade Ball
Friday, February 13,.....Mars Night Club, 409 N.Walnut,
Bloomington, IN. 8:00 p.m. to 3:00 a.m.

\$10.00 in erotic attire; \$15.00 in street clothes

Presented by Lascivious Exhibitions (LE) Entertainment may include but is not limited to musical erotic skits, S/M performance art, play piercing and/or cutting demonstrations, body painting, liquid latex, kisses, spanking mistresses in the BDSM play zone, boot blacks and feeding wenches. The ball is a pan-sexual event and individuals, couples, and groups are encouraged to attend, no matter where they fall on the wide continuum of sexual desire.

for more info... 812-335-2575, e-mail: cheshire@indiana.edu
www.lasciviousexhibitions.com

LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M. FOR INFO: WRITE TO
LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

Kalamazoo Gay/Lesbian Resource Center

C.A.R.E.S Building, Lower Level

629 Pioneer Street, Kalamazoo, Mich. 49001

voice mail: (616) 349-4234

Every Sunday Morning 9:30 A.MA Wimmings' Group meets for breakfast at Theo & Stacy's 4311 S. Westnedge , Kalamazoo, MI.....open to all wimmin

Lesbian Growth & Support Group meets Monday nights 7-8:30 p.m., Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For More Information....219-424-7977 also in Fort Wayne...Gay/Lesbian Helpline 219-744-1199 Mon.-Thur, 7-10 p.m., Fri.-Sat, 7-Midnight, Sun, 8-9 p.m.

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. Info...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542



N.D. BASKETBALL

Feb. 12, vs St. John's..... 7:00 p.m.

Feb. 15, vs Pittsburgh..... 2:00 p.m.

Feb. 18, vs Georgetown..... 7:00 p.m.

Feb. 24, vs Rutgers..... 7:00 p.m.

I LIKE GETTING OLD

by Lee Lynch

I'm enjoying aging. As exciting and intense as the "Mellow Yellow" teens and twenties of my generation were, I wouldn't trade them for these truly mellowing years. I don't even want to know as much as I thought I knew at age eighteen. Finally accepting that I'm only human, I'm a lot more comfortable.

As a kid I took great pride in occasionally winning King of the Hill, a game which consisted of flinging other kids down the hill until only one remained on top. The old ladies sitting on lawn chairs shook their heads in astonishment and a bit of disapproval at the energy rivalry of childhood.

Probably, I thought they were jealous. Boy, was I wrong.

I'm beginning to get that growing older brings with it a letting go. Maybe my personality's still type A, or at least A minus, and my shoulders are at risk of attaching themselves to my ears from stress. Maybe I worry too much about yuppie concerns like IRA's and 401Ks.

Despite those little details of survival, I'm reaching a point of balance in my life where I really pay attention when my screen saver comes on and tells me to BREATHE. I think those old women, though they looked crabby to us kids, were just being grateful they didn't have to carry on like we were any more. They'd already climbed up and down enough hills. And they didn't need a screen saver to slow to a sane pace.

I like that I no longer have a burning need to publish a book a year any more to feel okay about myself. What a freedom.

I love that I'm not even tempted to look at other women, much less get in trouble for more than a wondering eye. I can admire without coveting!

Okay, maybe it's a blip on my hormonal radar screen, but this particular blip's a whole lot easier. Remember when non-monogamy was "in"? How did we juggle all those relationships? What did messing around in triplicate or quadruplicate do for the Revolution? "Smash the nuclear family?" Right.

I don't even miss those intense platonic friendships that once were so titillating (intellectually, of course). It was all-important to say Everything-- to Communicate-- to hit that kind of runner's high that Deep Conversation brought.

Now I like to sit around the kitchen table playing Pictionary. I'd rather laugh than solve the world's problems, unless I can do both at once.

I like that self-improvement is a choice, not a challenge. Read the classics? Once, on jury duty, I read the complete works of Charles Dickens at one fell swoop. He's a particular hero of mine and I'm glad I devoured his words, but today?

Recreational reading's my joy. English mysteries preferably, author by author as I lie on the couch under an afghan I made before I (mostly) gave up the compulsion that required me to perform at least two activities at all times.

I used to be a sprinter. What's the rush? Speed limit's just fine in my car too. When I remember the velocities at which I'd drive my VW to spend time with one female passion or another, I'm glad I lived through the killing pace of early youth to tell about it.

Looking old never scared me because I grew up among old people. They weren't decrepit ghouls as some of the kids like to pretend. As a matter of fact, the elders were nicer to me than the kids.

I love getting grey early and being white-haired at 52. I wouldn't think of dying a strand.

Leaving the blush of youth behind also means leaving the harassment of youths behind. I never get hassled on the street any more. People look at me like I'm just one of them. I feel guilty sometimes, wearing this disguise. Is there a button yet that says, "Queers get middle-aged too!"

I really like knowing a little something about who I am and what I want. I'm not talking big philosophical questions here. It's the little things. Traveling by air on holidays. I mean, why? Driving in snow and ice. I don't. Drinking liquor. Oh, barf. I really used to think I had to do stuff like that.

I like a lot of this aging business. Those old women were right to look a little crabby. King of the Hill is a pretty dumb game.

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COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to:

The Court of Friends, P.O. Box 845, Mishawaka, In. 46546
You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information). Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#72 Good day ladies.

I am a feminine GWF, 25 years of age, and new to this area. I am placing this ad to meet people that would like to converse and introduce me to my new surroundings. I treat people with respect and honor and expect the same in return. If any individuals would like to be treated well, have fun, and want to laugh like never before, please do contact me. I do not discriminate against age, all please apply.

Since it is winter time, I enjoy many winter activities such as sledding, ice skating, skiing and hockey. Not to mention, I make great hot chocolate to warm up with.

In addition: I enjoy painting, sketching, writing poetry, cooking, watching classic movies, live theater and most important, spending time with friends and (HOPEFULLY) a mate.

Thank you and enjoy your Holidays. Kind regards.

#73.....S.W. Michigan Area, WGF, 29 years old, Nursing Student. My interests are traveling, having fun, dancing, musicals, movies, nature walks, holding hands and cuddling with someone special. I am also willing to try new experiences. Please write me a letter.....Looking forward to your response.

#74.....I am a 41-year-old white female looking for a non-smoking feminine woman between the age of 40 - 49. If you're looking for compassion, loyalty, companionship, sensitivity, a good sense of humor and a soft butch who is physically fit, then please contact me. I have a lot to offer.

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HEALTH BEAT



HEALING TOUCH

by Susan Myers

Today many more people are turning to alternative therapies to augment Western medical practices. Many of these therapies are very effective in promoting health and wellness. Susan will be writing a monthly column to discuss and educate people about alternative therapies.

WHAT IS HEALING TOUCH?

Healing touch is an energy based therapeutic approach to healing. Healing touch techniques facilitate movement toward health, harmony, and wholeness. The interventions address repatterning and alignment of energy to higher levels of functioning through working with the human energy field. These interventions are natural and assist the innate healing process. They promote the readjustment of energy within the whole being, allowing balance, harmony, and right relationship to emerge.

A healing touch intervention often creates pathways from deep within that provide an opportunity for the client to move to higher levels of wellness. Healing touch involves the whole person - physical, emotional, mental, and spiritual and comes from within, not from the healer.

Healing touch is a philosophy, way of caring, and a sacred healing art. The goal in HT is to restore wholeness through harmony and balance. This healing is done through the centered heart, thus a spiritual process is established. Healing touch is non-evasive, economical and effective.

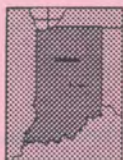
HOW CAN HEALING TOUCH BENEFIT YOU?

Healing touch can benefit you in several ways by creating a:

- * Rapid relaxation response
- * Reduction or elimination of pain
- * Acceleration of wound healing
- * Stress and anxiety reduction
- * Energizes the body
- * Enhancement of spiritual development
- * Aids in preparation for and follow-up after medical treatments and procedures such as surgery, dental work, etc.
- * Prevention of illness
- * Assists in addressing psychological issues related to depression, recovery from abuse, relationship problems, etc.

SUE MYERS, R.N., CCSW,
HEALING TOUCH PRACTITIONER
CERTIFIED HOLISTIC HEALTH COUNSELOR
PSYCHO-ENERGETIC THERAPY

If you think healing touch might be helpful to you, please contact Sue Myers at (219) 277-3012 for an appointment
HEALING TOUCH IS USED IN CONJUNCTION WITH OTHER TYPES OF MEDICAL PRACTICES.



IN THE NEWS



Voters in Washington state are getting the chance this fall to add their state to the list of those that protect gay rights.

The proposal on the ballot asks voters whether discrimination based on sexual orientation should be outlawed.

Unlike previous initiatives, the Washington proposal bans workplace discrimination, but does not require any kind of preferential treatment, quotas or partner benefits.

The measure would not prohibit any of these things, but it does not specifically require them either.

The states that currently protect gay rights are Vermont, California, Connecticut, Hawaii, Massachusetts, Minnesota, Maine, New Hampshire, New Jersey, Rhode Island, Wisconsin and the District of Columbia.

Any guesses how long it will take to get to Indiana?? Write your Congressman!!

+++++

Ordinarily, I don't like OUT magazine because it is mostly male, but this issue had two wonderful articles, one on women sports, and another on the WNBA..

Lesbian coaches at many famous Universities have been fired a year after they complained about the inequality of playing conditions and other resources of their programs.

There is a major lawsuit going on against Ohio State University alleging discrimination on the basis of gender.

I have often wondered why Nancy Darsch (now coaching the New York Liberty WNBA team) was fired after taking her OSU team to a NCAA championship. It seems she dropped a player from the team who in turn filed a \$150,000 civil suit against Darsch for attempting to induce her to become involved in an alternative lifestyle. Despite an incredible 235-126 win-loss record, Darsch had trouble recruiting after this incident.

Other coaches would go to top recruits and if they wanted to go to a school with a known or suspected lesbian coach, they would simply tell the parents they don't want their daughter to go to that school, because the coach only recruits lesbians or tries to get the players to change their life styles to fit in.

Kaye.....excerpted from the November issue of OUT Magazine

+++++

TOP 10 KILLERS OF WOMEN 1995

- | | |
|--|---|
| #1-Heart disease...374,800 | #2-Cancer.....256,800 |
| #3-Cerebrovascular disease....96,400 | #4-Chronic obstructive pulmonary diseases....48,900 |
| #5-Influenza.....45,100 | #6-Diabetes...33,100 |
| #7-Accidents and adverse effects....31,900 | #8-Alzheimer's disease...13,600 |
| #9-Nephritis....12,300 | #10-Septicemia 11,900 |

from the South Bend Tribune

ATTENTION ADVERTISERS!!

Advertising rates are billed as follows:
for the calendar year beginning January 1, and running 12 months thru december 31, a business card sized insert (2" x 3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month.

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GOALS

To have realized your dream makes you feel lost.
— Oriana Fallaci

Several years ago one of my friends called me in a panic. "Anne," she said, "you have to do something immediately! There are some women really hurting out there and nobody knows!"

She had been interviewing women who had been in top executive positions for seven to ten years. She said it was if they had made the team, and every day they got suited up, got on the bus, and went to the game, but.....they never got off the bench. At first they were hopeful, but after a few years they had become resigned to the reality that they would never quite belong.

She said that she found more alcoholism, clinical depression, and anorexia-bulimia in this group of women than she had ever seen.

IT IS NOT *the realization of our dreams that makes us feel lost. It is what happens to us when our dreams become nightmares.*

from..... Meditations For Women Who Do Too Much
by Anne Wilson Schaefer



THE GREATEST PLEASURE IN LIFE IS
DOING WHAT OTHER PEOPLE SAY
CAN'T BE DONE

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Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publications or special interest groups.

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February

1998

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1	2 GROUND- HOG DAY	3	4	5	6  Birthday wishes to KATHY	7
8 Happy Birth- day to DES L. 	9	10	11	12 LINCOLN'S B-DAY	13  Best Wishes to STACIE S.	14 Mona S. 
15	16  PRESIDENT'S DAY	17	18	19	20  Lynnette M. & Kristin B. Happy Birthday	21
22 WASHING- TON'S B-DAY	23	24 ASH WEDNESDAY	25	26	27	28 B-Day wishes to Rebekah V. 